

# *Cooking Demonstrations*

## *Welcome Culinary Underground*

Lori Leinbach from Culinary Underground will bring her talents (or one of her chefs) to the Southborough Senior Center and demonstrate emphasis on technique, flavor and fun. We are offering the following 5 Cooking Demonstrations. Please sign up early; we can only take 20 people for each demonstration. These demo's are all on Tuesday's.

*All Demonstrations will begin at 12:30pm.*

*One-Bowl Meals for One*      November 7<sup>th</sup>

Single Bowl meals are perfect for singles. Not only are they easy and variable, but they are a great way to clean out the fridge. Chirashi Sushi Bowl, Chicken Curry Bowl, and Huevos Rancheros Bowl.

*Singles Cook*      November 14<sup>th</sup>

Learn some great techniques and recipes for cooking solo.

*Dinners for two, no leftovers*      November 21<sup>st</sup>

It's easy to cook big batch and freeze the leftovers – but sometimes you just want a meal without the baggage. Three recipes with strategies to ensure no leftovers.

*Dinner with Dividends*      November 28<sup>th</sup>

Okay, so sometimes you do want leftovers, especially when you plan the second act in advance.

*The Dude Cooks*      December 12<sup>th</sup>

Five recipes every guy should know how to cook: Mind-Bending Guacamole, Weeknight Pizza, Seared Steak with Bourbon Butter, Pasta with Fast Marinara, and Kitchen Sink Chili.

